

Origins: Tough Questions, Real Answers

Joseph's life overview:

Genesis 37:5-11 Joseph has 2 dreams where he is elevated above his family despite being the youngest (at the time) but the path is not clear or linear

Have you ever had a dream/vision/hope that you believe God was going to honor but then did not? How did you react?

Genesis 37:18-28 His brothers plot to kill Joseph initially, but Rueben convinces them not to, instead they sell him into slavery

Genesis 39:6-20 Joseph finds favor in Egypt but is falsely accused of sexual misconduct with the wife of the household and sent to prison

Genesis 39:20-23: The Lord was with Joseph showing him kindness and he was put in charge of all that was done in the prison

Genesis 40: Joseph is put in prison for over 2 years and forgotten about despite having interpreted a dream for the Pharaoh's cupbearer.

When have you felt stuck in life with no way forward?

Cognitive Behavioral Therapy is based on the framework that our thoughts, emotions, and behaviors are all related and influenced by one another.

"Beliefs" in CBT are the essential ideas we hold about ourselves and the world, the lenses we use to interpret events in our lives. These are deeply held and rooted in stories we tell ourselves and have been told by those around us.

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Pray: Lay down any distractions, control, fears, etc. that will keep you from fully engaging in your time together.

Looking Back:

Where have you seen God's plan play out in your own life?

How aware of God's present during that time were you?

If you struggled to notice God's guidance then why was it difficult? If you were aware of God's plan what allowed you to be so receptive?

Looking Up:

What does this say about who God is, that he would set this as Joseph's path?

The sermon mentioned 3 unhelpful belief patterns we can fall into. Look through this longer list and notice which ones you fall into.

Name them and reflect:

- "What happens to me when I think this way?"
- "When did I start thinking this way?"
- How does this belief illuminate what you think about yourself (examples: "I'm not worthy of love", "I'm not good enough", "I'm not capable"...)

Where is an area in your life where your loves are out of order (i.e. you love something too much or too little)?

Looking Forward:

What does it look like for you this week, concretely, to order your loves properly?

Spiritual Practice for October: Silence/Solitude.

Set a minimum of 5 minutes/day aside to be in silent reflection before God. During this time, seek to quiet your mind and heart. Ask God to examine your heart and bring to your attention anything that you need to hand over to Him. Discuss your experience with your life group at the beginning of each week's gathering.